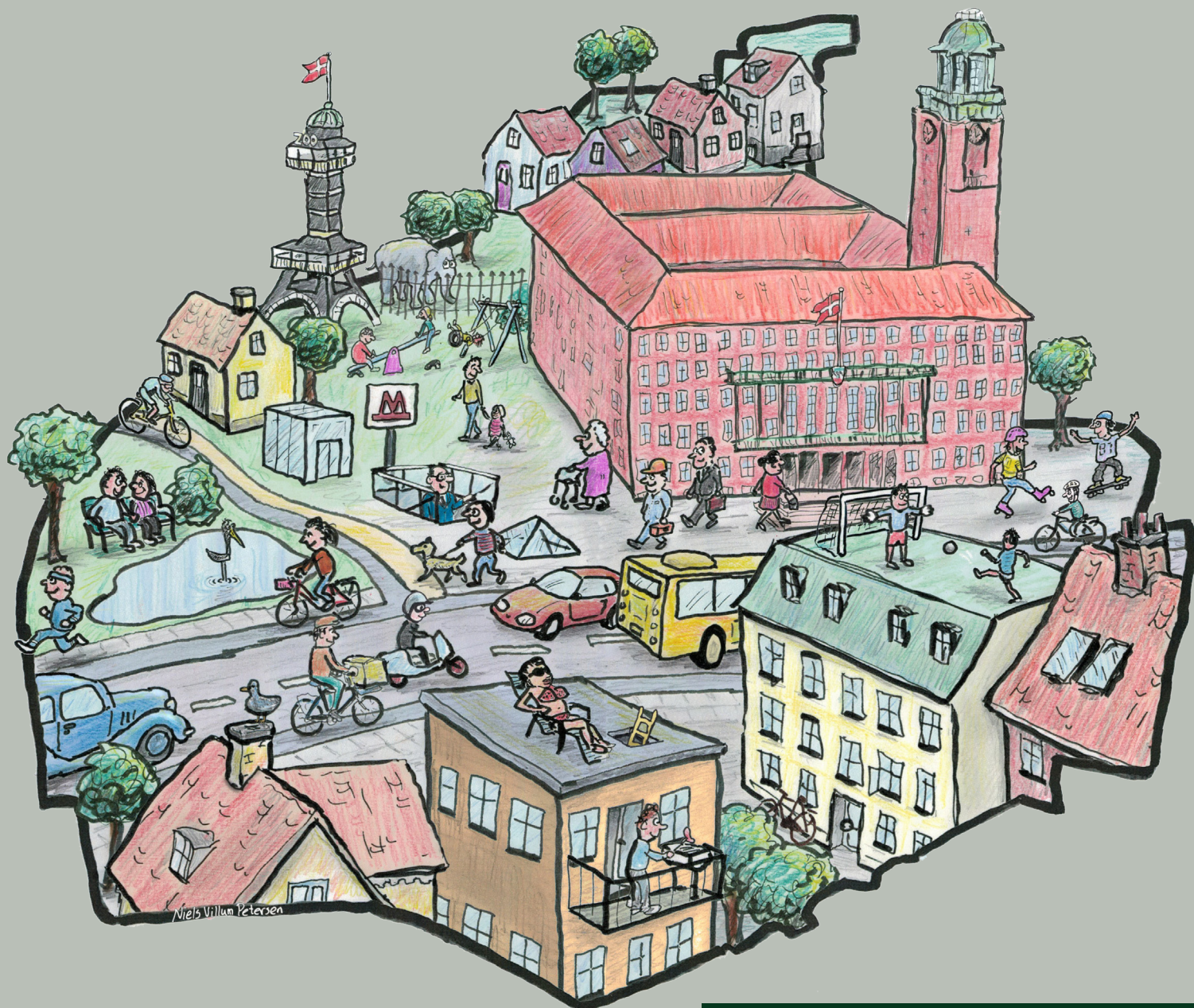


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# HEALTH POLICY

## 2015-2018

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FREDERIKSBERG  
KOMMUNE



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If you have any comments or ideas about how we can achieve the targets in our 2015-2018 Health Policy, please send your comments to [sundhedspolitik@frederiksberg.dk](mailto:sundhedspolitik@frederiksberg.dk) or call us on +45 38215400.

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# FREDERIKSBERG WANTS TO BE EVEN HEALTHIER

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Over the past four years we have worked to improve the health of our citizens via Frederiksberg Municipality's first Health Policy. You are now holding a new policy with a message about where we will place our efforts for the next four years in order to create a healthier Frederiksberg.

The policy is a tool enabling Frederiksberg's citizens to live longer, healthier lives free of illness and disease. We have established clear, ambitious targets, because health is a priority in Frederiksberg. As one of only in three cities in Denmark, we therefore also became member of the World Health Organization's Health Cities Network in 2014.

Our municipality is front runner in regard to cycling. The air in the city has become cleaner, we are eating more healthily, smoking less and exercising more than the average in Denmark – and our alcohol consumption has declined. However, there are still challenges as well as opportunities to improve health in regards to inequality in health and the wellbeing of our citizens. In the new policy we are also going to focus on mental health.

The new Health Policy is aimed at the entire city, and so our health efforts will be broadly anchored: in schools, institutions, care homes, cultural life, sports associations, the job centre, on the roads and in the parks – and in

cocreation between the municipality, citizens, businesses and civil society. The new Health Policy focuses on those areas and communities in which health and wellbeing are created and influenced. Each year we take a fresh look at the work that we are doing, as it is our actions that ensure we meet our targets.

If we are to succeed with our ambitious Health Policy, we hope that you, as a citizen, will play an active role. We need your help to build sustainable local communities. Thank you to everyone who has already contributed to the new policy. Your participation helps to ensure that the policy takes point of departure in the health-related challenges that you face.



Jørgen Glenthøj  
Mayor of Frederiksberg



Flemming Brank  
Chair of the Health and Social Care  
Committee

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# **THE CITY OF FREDERIKSBERG HEALTH POLICY 2015-2018**

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## **Vision:**

People who live in Frederiksberg live longer and have more healthy life years

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## **WE TAKE A CITIZEN-FOCUSED APPROACH**

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The situations, experiences and desires of our citizens are important when launching new initiatives. In working to improve health in Frederiksberg we focus on creating a healthy framework and making healthy choices the easy choices for all citizens. We also aim to meet the individual

citizen on his or her terms. We want to create diverse services and work in a variety of ways in order to reach people whose needs and resources diverge from the average.

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## **WE WORK SYSTEMATICALLY AND APPLY THE BEST KNOWLEDGE**

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In our efforts to improve health we draw on best practices. We test new methods and initiatives in conjunction with research. In the City of Frederiksberg we also share our knowledge and

experience in national and international networks. We follow up on our targets regularly.

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## **WE FOCUS ON A HEALTHY FRAMEWORK**

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The structures within which we live strongly influences our health. In Frederiksberg it should be possible and easy to make the healthy choice. So we work on creating healthy structures within Frederiksberg, for example a healthy physical environment and a good indoor climate in

communal buildings – but also in terms of providing good options for physical activity both outdoors and in, and good options for people to eat and drink healthily in those arenas for which the municipality is responsible.

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## **WE ENSURE THAT THE HEALTH POLICY IS BROADLY ANCHORED**

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Frederiksberg Municipality features a multi-disciplinary organisation, which ensures that the Health Policy is followed up in annual action plans. The Health Policy is thus broadly anchored, and health is incorporated as a

target – or as the means of achieving other targets – in all areas of the municipality.

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## **WE COOPERATE BROADLY ON HEALTH**

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The social and structural determinants of health relate to education and schooling, social factors, work, the environment, the community, involvement in cultural life and recreational activities, and use of the city's health services.

While the municipality has the main responsibility for health promotion and prevention, it can not perform this task alone. We support the creation of social sustainable local

communities, in which the municipality, civil society and the private sector work together to identify the solutions to the city's health-related challenges. We work with volunteers and associations, businesses, educational centres, hospitals and health professionals – and with everyone who lives in the city.

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# FOUR FOCUS AREAS TO IMPROVE HEALTH IN FREDERIKSBERG

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Most people who live in Frederiksberg are healthy and thriving. The Capital Region of Denmark's 2013 Health Profile showed that the general health of people in the municipality has moved in a positive direction since 2010. In many ways we are living more healthily than the national average, and this positive trend is particularly strong in regard to physical activity, smoking, dietary habits and obesity.

Despite this positive trend, the municipality still bears collective responsibility for dealing with certain health-related challenges. In Frederiksberg Municipality we view health from a broad perspective, because health is influenced by many different factors. This paves the way for a holistic approach when resolving these challenges in practice. Our Health Policy is founded on four focus areas and eleven ambitious targets.

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## HEALTH FOR ALL

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Health for All is about ensuring that everyone has the same opportunities to live a healthy life, and about striving for greater equality in health across social and economic differences.

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## COMMUNITIES

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Communities is about how the communities in which we are involved influence our health, and how Frederiksberg can work to improve mental health and wellbeing.

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## FAMILIES

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Families is about creating a good framework for the health of children and young people.

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## URBAN SPACES

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Urban spaces is about using urban spaces as a focal point for physical development and mental wellbeing, but also for the environment, air pollution and climate adaptation.



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# A GOOD FOUNDATION FOR WORK AT FREDERIKSBERG

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The Health Policy is founded on what we know works, nationally, internationally, and locally in Frederiksberg. Our focus areas and targets are selected on the basis of the following:

- The national Danish health targets in the Government's 'Sundere liv for alle' (Healthy Lives for All) initiative, which sets targets for the health of Danish people for the next decade: reducing health-related social inequality; for more children and adults to thrive and have good mental health; for Danes to have better lifestyles in regard to tobacco, alcohol and physical activity on a day-to-day basis; and for fewer children to be overweight. In the national targets the municipality is assigned a bigger role in working with regions, civil society and the private sector.
- Knowledge of the methods and initiatives that have the biggest effect, in the form of recommendations from the Danish Health Authority and experiences from the implementation of Frederiksberg's first health policy. The Danish Health Authority documents the current best practice information on prevention initiatives that should be prioritised within the municipality – within a healthy framework, services for citizens, early detection and information. In Frederiksberg each initiative is planned based on the recommendations from the Danish Health Authority.
- The broad approach to which we are committed as a member of the WHO's European Healthy Cities Network. The emphasis here is on equality in health, involvement of citizens and cross-sector cooperation in order to strengthen a health system that is close to the individual and create sustainable local communities by strengthening the community's resilience, creating healthy surroundings and urban planning, healthy transport and healthy buildings.
- The Frederiksberg Strategy, which sets the direction for the city's development in the coming years. Among other things, the Frederiksberg Strategy paves the way for the entire city to become involved in working to create a healthy framework for Frederiksberg.
- Knowledge of the greatest challenges to people's health in Frederiksberg. In this respect we draw on both local studies and surveys and the nationwide health profiles, which provide an insight into the health of Danes every four years at both national and municipal level.

On the following pages you will learn more about Frederiksberg Municipality's targets for each focus area.

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# HEALTH FOR ALL

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Health is one of the prerequisites giving the individual the freedom to make the choices and live the life that he or she desires. Health must therefore be improved for all people living in Frederiksberg.

Health is unevenly distributed in Denmark, including in Frederiksberg. Certain groups of people live longer and have more years free of disease than others. Social inequality in health is not just about the health of a particularly vulnerable group, but also about the unequal distribution of health and wellbeing throughout the population. In the past 20 years inequality in health has increased in Denmark.

Social factors affect children's health before they are even born. Later in life, social and economic factors affect how we cope if we are affected by disease. More highly educated people have more years free of illness and disease than those with less education.

Some of this inequality can be explained by differences in health-related behaviour – for example, use of tobacco and alcohol, exercise and the food we eat. But there are more factors in place. Inequality in health also depends on:

- children's early development
- schooling and upper secondary education
- the working environment and the immediate environment
- an individual's link to the labour market
- whether the individual is socially vulnerable
- access to and use of health services

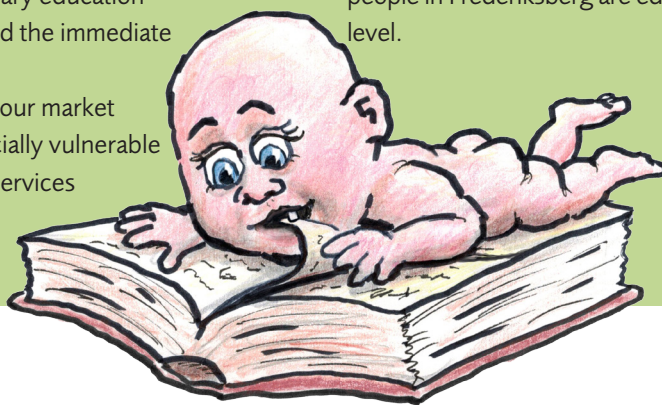
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## WHAT ARE WE AIMING FOR?

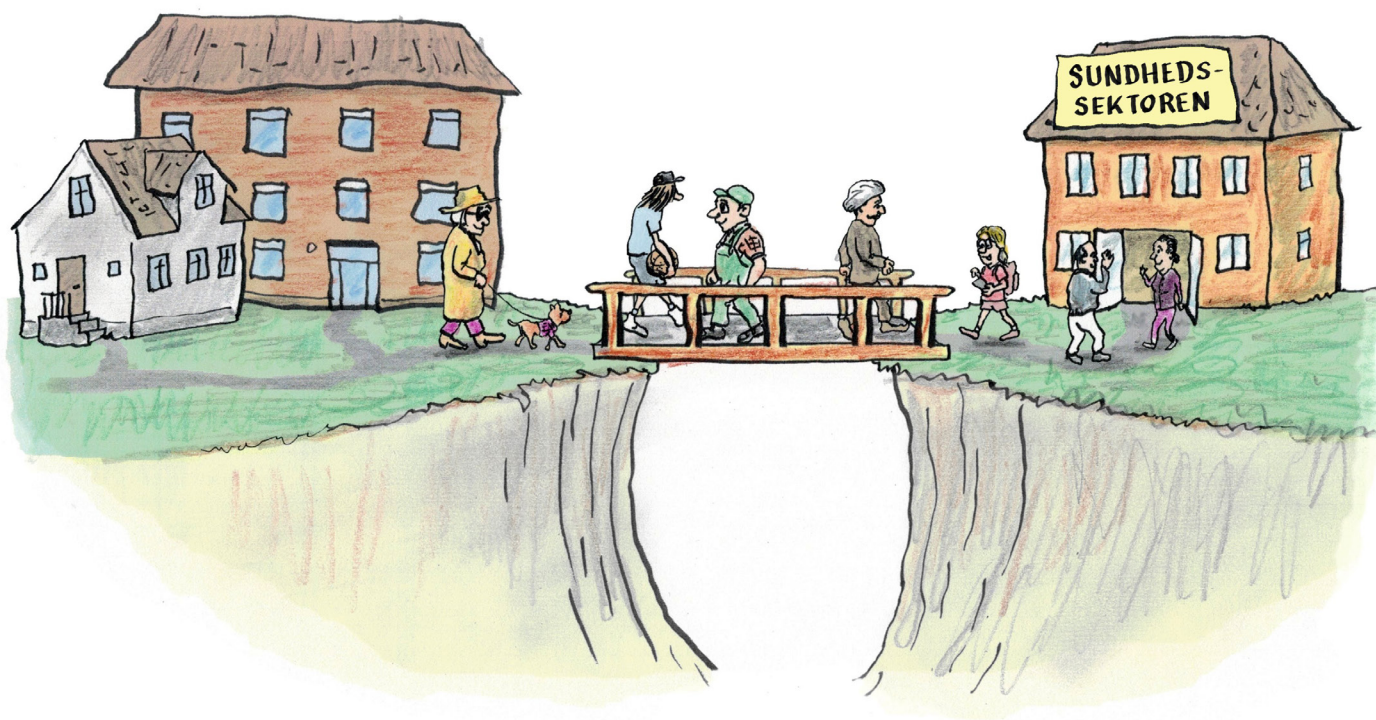
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In Frederiksberg we want to focus on creating a healthy framework and good foundations to ensure everyone has the same opportunities to live a healthy life, both physically and mentally. We will therefore work to create equal opportunities for using those services that may improve the individual's health, and to track down and reach those individuals with the greatest needs. This can be done by integrating health with employment initiatives and social initiatives, and by focusing on accessibility when planning health-related initiatives.

From a broader perspective, we will work on changing the factors that create inequity in health before people are even born. Children's social circumstances must not influence their ability to fulfil their potential. We will increase social mobility by creating attractive residential areas, good day-care institutions and schools, ensuring that more people participate in cultural and leisure activities, a healthy framework in the workplace and by ensuring that all young people in Frederiksberg are educated to upper secondary level.







## TARGETS

1. Reduce social inequality in health.
2. People living in Frederiksberg live longer and have more healthy years of life.
3. More citizens have a healthy, active lifestyle, both physically and mentally.
4. More young people are educated to upper secondary level.

## THE CURRENT SITUATION IN FREDERIKSBURG

- If we compare people educated to primary or secondary level with those who have undergone higher education in Frederiksberg, those with lower levels of education are six times as likely to have poor physical health and twice as likely to have poor mental health.
- The average life expectancy in Frederiksberg is 79.2 years. This is 0.2 years lower than the national average.
- 27% of adults living in Frederiksberg have a chronic condition, and 8% have three or more chronic conditions.
- 13% of adults in Frederiksberg smoke on a daily basis. 6% of year nine students in Frederiksberg state schools smoke on a daily basis.
- 10% of adults in Frederiksberg consume more alcohol than what is recommended. 19% of adults have signs of alcohol dependency. 55% of year nine students in Frederiksberg have tried getting drunk.
- 28% of adults in Frederiksberg are moderately overweight, and a further 8% are obese. 9% of preschool students and 15% of year nine students in Frederiksberg state schools are overweight.
- 26% of adults in Frederiksberg do not comply with the Danish Health Authority's recommendation of being physically active for at least 30 minutes a day. Among year nine students in Frederiksberg, 26% exercise less than twice a week.
- 19% of adults have high levels of stress. This proportion is greatest among individuals with primary, secondary or vocational education compared with those who have undergone further education.
- 7% of 16-34-year-olds in Frederiksberg have been diagnosed with a sexually transmitted disease within the past year.
- Of those young people who graduated from year nine in 2012, 89% were in upper secondary education 15 months later.

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# COMMUNITIES

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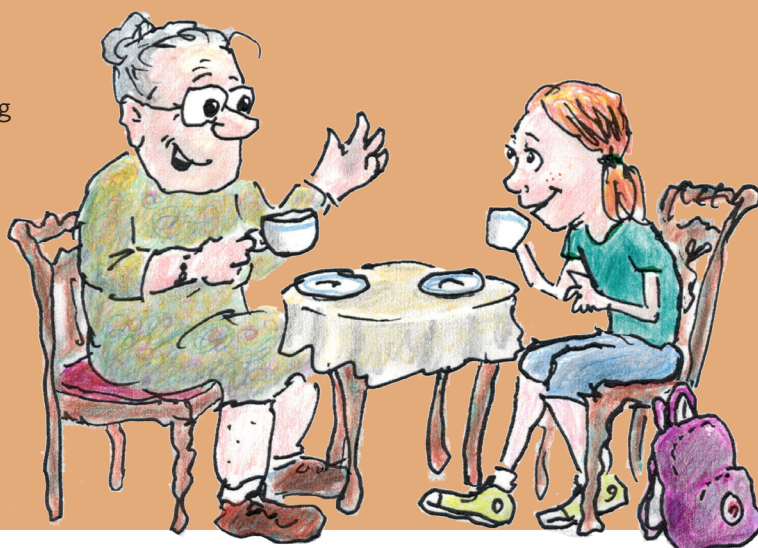
Health is more than just the absence of disease. It includes mental health, i.e. thriving in day-to-day life and being satisfied with life, being able to cope with everyday challenges and stress and being involved in communities with other people.

Loneliness and weak social relationships affect health. Both lead to lower life satisfaction and increase the risk of both physical and mental symptoms. This is why communities are a main focus in Frederiksberg Municipality's Health Policy.

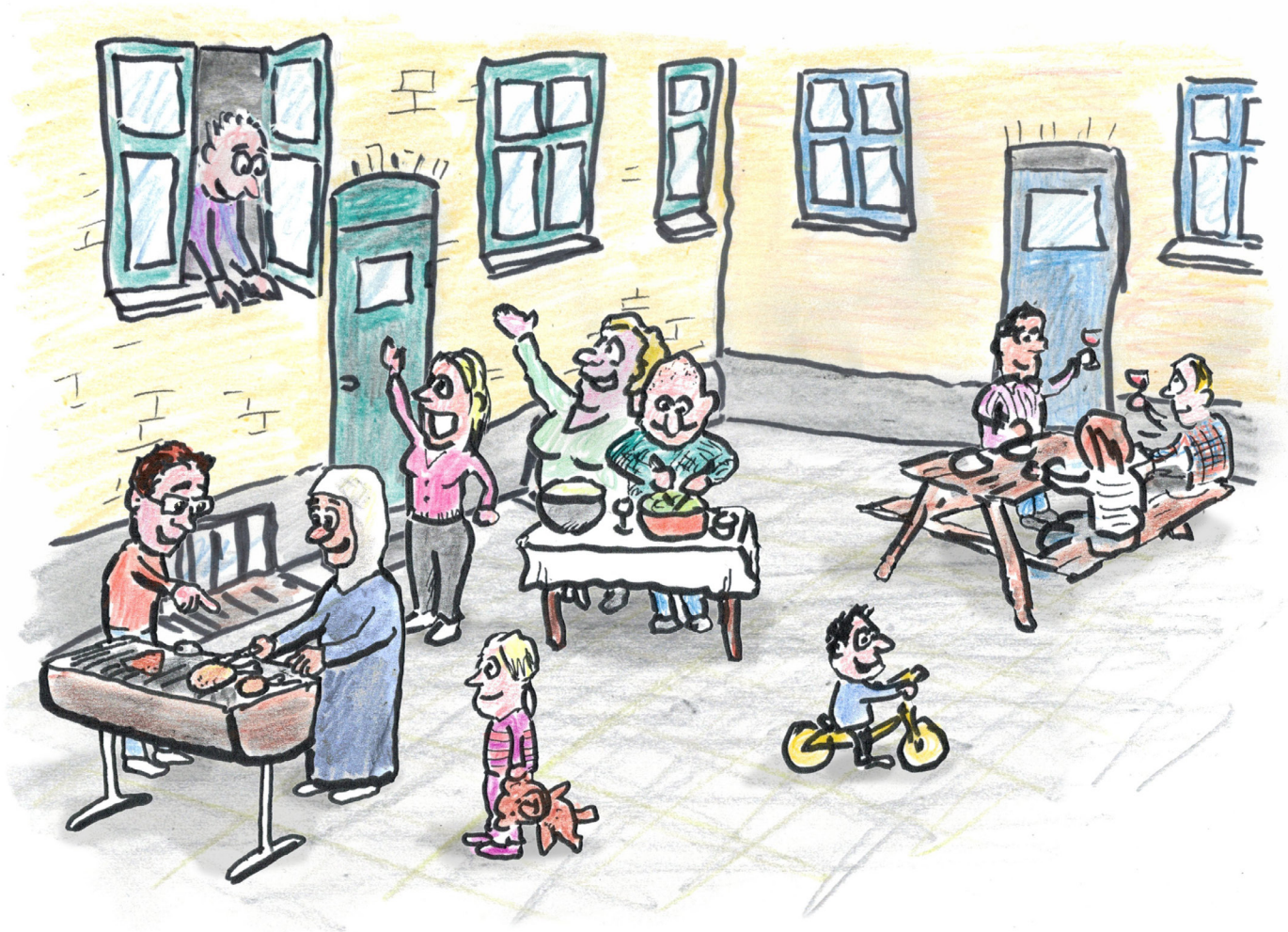
Poor mental health and mental health problems affect our enjoyment of the good life just as much as physical conditions do. At the same time, mental health is strongly correlated with social inequality in health. For example, young people who are not thriving are at a greater risk of not completing their education than young people who are thriving. It can be harder to find the energy for healthy living if you have poor mental health.

We are social beings who affect one another for better or worse – in both small communities, including families, friends, work and leisure relationships, and in large communities, spanning everything from the local community to the wider world to which we belong.

Resilient communities are characterised by high levels of physical and mental comfort, freedom of expression and transparency, good ways of handling disagreement and conflict, a high degree of tolerance and a high degree of equality. Resilient communities increase the individual's mental health and resilience, while helping to create a socially sustainable city.







## WHAT ARE WE AIMING FOR?

We want to ensure that the mental health of our citizens is placed on an equal footing with their physical health, and that citizens who are not thriving or who face mental challenges can receive help and support equal to that for people with physical conditions. We also work to

create a socially sustainable city. We work on establishing structures to ensure that people are not excluded from communities in arenas such as workplaces, schools, cultural life and recreational activities.

## TARGETS

5. More children, young people, adults and elderly people are mentally healthy.
6. All citizens should have the opportunity to be a part of a resilient community.

## THE CURRENT SITUATION IN FREDERIKSBURG

- 12% of adults in Frederiksberg are in poor mental health.
- 6% of adults in Frederiksberg are often unvoluntarily alone.
- 4% of adults in Frederiksberg have nobody to talk to when they have problems or need support.
- 19% of adults in Frederiksberg feel that their level of physical activity is limited by the fact that they have nobody to exercise with.

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# FAMILIES

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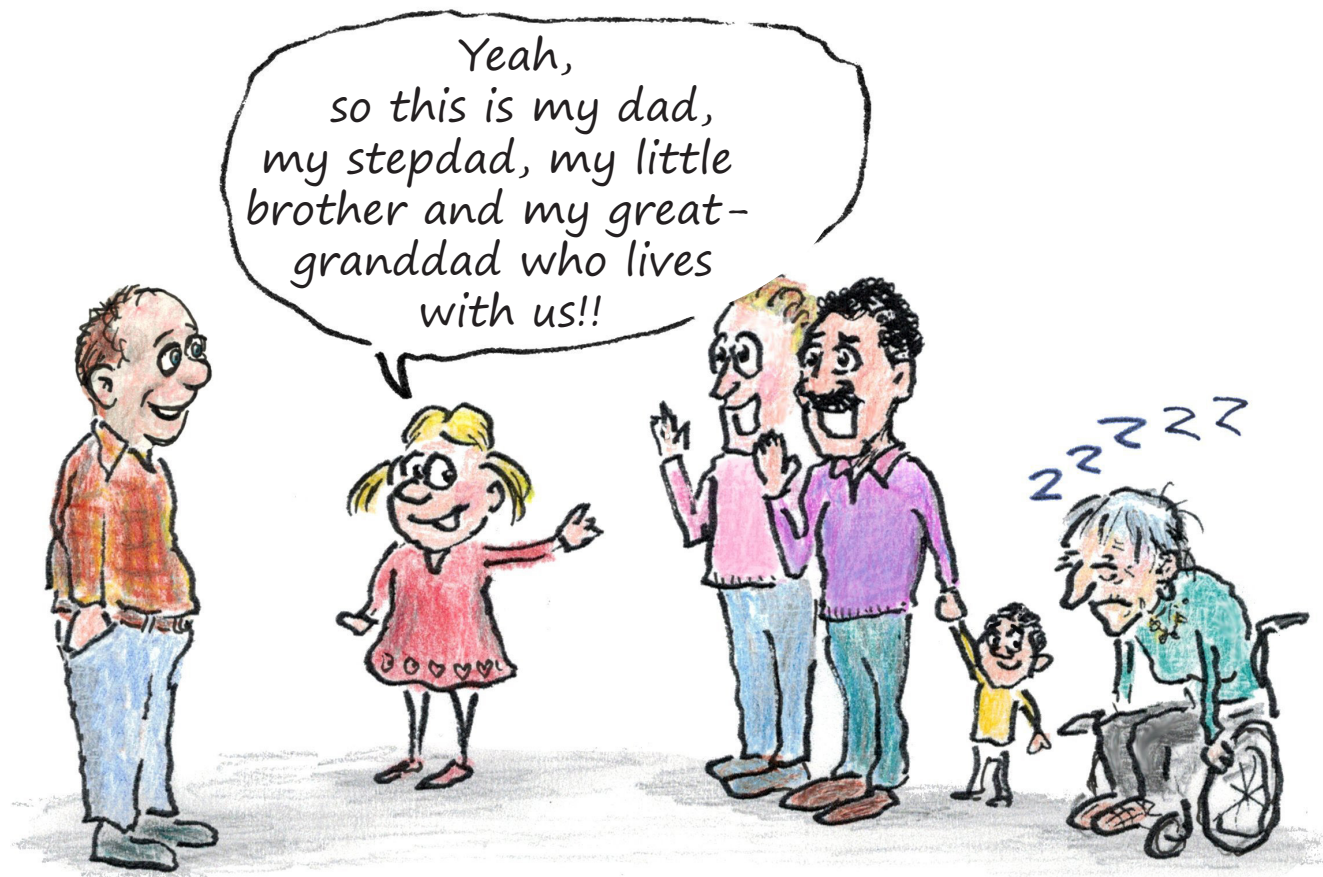
Factors influencing children's early development can be crucial to their health throughout the life-course. Many of our habits are formed during childhood and adolescence. Along with day-care institutions and schools, families form the main framework for a child's development. For most people their family is their closest social network. Throughout our lives, health and wellbeing very often correlate with our family relationships.

An increasing number of families with children are moving to Frederiksberg Municipality, and increasing numbers of people are choosing to live here after having a family. We must create a healthy framework for family life in the city. Families make choices that are conditional on the city's opportunities in terms of moving around, shopping, choosing recreational activities and using the municipality's institutions and services.

Day-to-day life with family, in day-care institutions and in schools affects whether children fulfil their potential for a healthy, functional life. In day-care institutions, schools and recreational centres, the municipality creates a framework for a healthy life in dialogue with families, and aims to reduce any potentially negative impact of children's social background. If children are not thriving, the parents are the municipality's most important partners.







## WHAT ARE WE AIMING FOR?

We want to create a framework supporting the wellbeing and health of children in day-care institutions, schools and leisure services. Children and young people should be challenged, both within the family and in day-care

institutions, schools and leisure services, so that they develop resilience.

We will systematically ensure early detection and the right support for families in Frederiksberg who are not thriving.

## TARGETS

7. Children in Frederiksberg grow up in a safe and healthy local environment.
8. Children's risky behaviour should be reduced.

## THE CURRENT SITUATION IN FREDERIKSBERG

- 4% of year nine students in Frederiksberg state schools indicate that they are 'not particularly happy' or are 'not happy at all'.
- 4% of people who live with children under the age of 16 in Frederiksberg smoke indoors several times a week.
- 12% of people who live with children under the age 16 in Frederiksberg engage in risky alcohol consumption. The proportion of men who engage in risky alcohol consumption and who live with children is almost three times greater than the proportion of women who show the same behavioural pattern.
- 39% of 16-24-year-olds drink more than five units of alcohol at least once a week.
- 60% of 16-34-year-olds have used cannabis at least once, and 16% have tried other psychoactive substances. 9% have used cannabis or other psychoactive substances within the last month.
- 21% of year nine students in Frederiksberg have used cannabis at least once.

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# URBAN SPACES

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The city forms the physical framework of our lives. The way we organise the city can improve citizens' physical, mental and social health.

Frederiksberg is Denmark's most densely populated municipality, resulting in both specific challenges and opportunities in regard to creating a healthy physical living environment in the city. In Frederiksberg we want to create urban spaces that allow people to be active and spaces in which people can immerse themselves and be at peace. Appealing green spaces and a variety of attractive facilities which provide better access to play, sports and exercise will make recreation and physical activity the easy, obvious choice in day-to-day life.

We must take a holistic, creative approach to utilising space in order to create large and small, flexible and multi-functional urban spaces in a small area.

The city's physical environment also affects health. Noise over which we have no control can negatively affect

quality of life. Air pollution increases the risk of respiratory conditions, and contaminated land can threaten the drinking water that we extract under the city. Rainstorms can cause floods. Opposite, climate proofing can create exciting new arenas for people who live in Frederiksberg.







## WHAT ARE WE AIMING FOR?

Frederiksberg wants to create even more attractive green spaces that encourage people to use the city. The layout of the urban space should motivate people to use the neighbourhood they live in. We will do this by creating a safe, inspiring environment to encourage both recreation and movement. Frederiksberg will offer places in which a variety of forms of social relationship can unfold. For example, chairs and benches can operate as meeting points for families and

friends. Playgrounds, playing fields and communal gardens can be places in which we get to know new people, while parks, squares and sports facilities can create a framework for more organised communities of interests.

Frederiksberg will also ensure the health of its citizens by reducing noise pollution and ensuring cleaner air and clean drinking water.

## TARGETS

9. The city's public spaces should be easily accessible to all, so that more people use them for exercise, play, recreation and forming communities.
10. More people walk or cycle on a daily basis.
11. Cleaner air and water and less noise in the city's spaces.

## THE CURRENT SITUATION IN FREDERIKSBURG

- 88% of adults living in Frederiksberg feel that they have easy access to indoor sports facilities.
- 55% feel that they have easy access to outdoor sports facilities.
- 12% of adults living in Frederiksberg neither walk nor cycle to and from their place of work or education.
- Frederiksberg is one of the municipalities in Denmark worst affected by air pollution. A large proportion comes from external sources, but there is also substantial air pollution from local sources, primarily road traffic and wood-burning stoves and boilers.
- In Frederiksberg we extract drinking water for our citizens. The water complies with the Danish Ministry of Environment and Food's limit values and is therefore safe to drink.
- 44% of residences in Frederiksberg are affected by noise.
- 10% are strongly affected by noise.

# HOW WE KNOW IF WE ARE

## TARGET

## THE CURRENT SITUATION IN FREDERIKSBERG

### 1. Reduce social inequality in health

Social inequality in health is assessed by comparing citizens with the least education (primary and vocational education) with citizens with the most education (higher education). Social inequality is expressed as the difference between the two groups in percentage terms, and is estimated for health (both physical and mental) and for lifestyle in terms of diet, smoking, alcohol and exercise.

18% of people with the least education have **poor physical health**, compared with 3% of those with the most education. The difference in physical health between people with the least and most education is thus 15%.

The difference between those with the least and most education in terms of living with **poor mental health** is 8%.

The difference in the proportion of people with **very unhealthy dietary habits** is 6%.

The difference in the proportion of people who **smoke every day** is 19%.

The difference in the proportion of people who **drink heavily** is 13%.

The difference in the proportion of people who **do not engage in moderate to hard physical activity for at least 30 minutes a day** is 17%.

### 2. People living in Frederiksberg live longer and have more healthy life years

Average life expectancy and self-assessment of health.

In the past five years, the average life expectancy in Frederiksberg Municipality rose by 0.24 years each year. In Denmark as a whole the average life expectancy rose by about 0.26 years each year.

30% of citizens with a chronic condition are in good health.

### 3. More citizens have a healthy, active lifestyle

Lifestyle in terms of diet, smoking, alcohol and exercise habits is used to assess trends relating to a healthy, active lifestyle.

6% of citizens have **very unhealthy dietary habits**.

13% of citizens **smoke every day**.

10% of citizens **drink heavily**.

26% of citizens do not engage in **moderate to hard physical activity** for at least 30 minutes a day.

### 4. More young people are educated to upper secondary level

93.3% of those who graduated from year nine in 2013 are **expected to finish upper secondary education at a minimum**.

At the last estimate in the Danish Public Schools Quality Report, which covers students who left year nine in 2012, 89.1% were in upper secondary education 15 months after year nine.

### 5. More citizens are mentally healthy

12% of citizens are living with **poor mental health**.

### 6. All citizens should have the opportunity to be a part of a resilient community

6.1% of citizens are **unvoluntarily alone**.

4.1% of citizens have **nobody to talk to** when they have problems or need support.

# RE ON THE RIGHT TRACK

AIM	SOURCE
<p>The difference between those with the least and most education in the proportion of people who have <b>poor physical health</b> must be reduced to a maximum of 13%.</p> <p>The difference in the proportion of people living with <b>poor mental health</b> must be reduced to a maximum of 7%.</p> <p>The difference in the proportion of people with <b>very unhealthy dietary habits</b> must be reduced to a maximum of 5%.</p> <p>The difference in the proportion of people who <b>smoke every day</b> must be reduced to a maximum of 16%.</p> <p>The difference in the proportion of people who <b>drink heavily</b> must be reduced to a maximum of 11%.</p> <p>The difference in the proportion of people who <b>do not engage in moderate to hard physical activity for at least 30 minutes a day</b> must be reduced to a maximum of 15%.</p>	<p>Capital Region of Denmark, Research Centre for Prevention and Health: Health Profile for Frederiksberg Municipality 2013</p>
<p>The target is for <b>the average life expectancy</b> to rise by at least 0.26 years per year in Frederiksberg Municipality, as it does in Denmark as a whole.</p> <p>The proportion of people with a chronic condition who are in good health must rise to at least 32%.</p>	<p>Statistics Denmark</p> <p>Capital Region of Denmark, Research Centre for Prevention and Health: Health Profile for Frederiksberg Municipality 2013</p>
<p>The proportion of people with <b>very unhealthy dietary habits</b> must be reduced to a maximum of 5%.</p> <p>The proportion of people who <b>smoke every day</b> must be reduced to a maximum of 11%.</p> <p>The proportion of people who <b>drink heavily</b> must be reduced to 9%.</p> <p>The proportion of people who do not <b>do not engage in moderate to hard physical activity for at least 30 minutes a day</b> must be reduced to a maximum of 23%.</p>	<p>Capital Region of Denmark, Research Centre for Prevention and Health: Health Profile for Frederiksberg Municipality 2013</p>
<p>At least 95% of students graduating from year nine in any year are <b>expected to finish upper secondary education at a minimum.</b></p> <p>The proportion of young people who are in upper secondary education 15 months after finishing year nine must increase by at least 0.2% each year.</p>	<p>Danish Ministry of Education, Profile Model 2013</p> <p>Danish Public Schools Quality Report</p>
<p>The proportion of citizens who are living with <b>poor mental health</b> must be reduced to a maximum of 11%.</p>	<p>Capital Region of Denmark, Research Centre for Prevention and Health: Health Profile for Frederiksberg Municipality 2013</p>
<p>The proportion of citizens who are often <b>unvoluntarily alone</b> must be reduced to a maximum of 5.5%.</p> <p>The proportion of citizens who have <b>nobody to talk to</b> when they have problems or need support must be reduced to a maximum of 3.5%.</p>	<p>Capital Region of Denmark, Research Centre for Prevention and Health: Health Profile for Frederiksberg Municipality 2013</p>

**7. Children in Frederiksberg grow up in a safe and healthy local environment**

4% of students in year nine in public schools are generally **'not particularly happy'** or **'not at all happy'**. 68% think it is 'really good' or 'fairly good' at school.

4% of citizens with children who live at home **smoke indoors** several times a week.

12% of citizens in homes with children who live at home **drink alcohol in ways associated with risk**.

**8. Children's risky behaviour should be reduced**

39% of young people aged 16 to 24 drink **five units of alcohol or more at least once a week**.

55% of students in year nine **have experienced getting drunk**.

21% of students in year nine **have used cannabis at least once**.

9% of 16 to 34-year-olds **have used cannabis or other psychoactive substances within the past month**.

9.5% of 16 to 34-year-olds **did not use a condom** the last time they had sex, even when they had more than one partner.

6.7% of 16-34-year-olds **have been diagnosed with a sexually transmitted disease**.

**9. The city's spaces must be easily accessible to all, so that more people use them for exercise, play, recreation and forming communities**

There is no existing study regarding **access to green spaces**, but this is a relevant target given the upcoming plan for green spaces.

**10. More people walk or cycle on a daily basis**

In 2012 30% of all journeys were **made by bicycle**.

**11. There is cleaner air, clean water and less noise in the city's spaces**

**AIR:**

Frederiksberg complies with the EU's air pollution limits with the exception of nitrogen dioxide.

- Particles smaller than 10 micrometres (relatively large particles): Since 2007 measurements have been below the EU limit, although they have been rising slightly since 2008.
- Particles smaller than 2.5 micrometres (fine particles): Fine particles are probably those most damaging to health. Measurements are below the EU limit.
- Nitrogen dioxide (NO<sub>2</sub>): Measurements do not fluctuate substantially from one year to the next. The EU limit is exceeded by about one third. Levels on busy roads may represent a health problem.
- Carbon monoxide (CO): Emissions are so far below the limit that this does not currently pose a health problem.

**WATER:**

The water supply in Frederiksberg complies with the Danish Ministry of Environment and Food's drinking water limits. Groundwater beneath Frederiksberg Municipality is currently under threat from natural parameters: nickel, sulphate, ammonium and chloride as well as xenobiotic substances such as chlorinated solvents.

**NOISE:**

44% of Frederiksberg's citizens are affected by noise. 10% are heavily affected by noise.

The proportion of <b>public school students who are thriving</b> must increase by at least 10% compared with the 2015 wellbeing survey.	Frederiksberg Municipality, Education Survey: 2013/2014 academic year
The proportion of people who <b>smoke indoors in homes inhabited by children</b> must be reduced to a maximum of 3%.	Capital Region of Denmark, Research Centre for Prevention and Health: Health Profile for Frederiksberg Municipality 2013
The proportion of people who <b>drink alcohol in ways associated with risk in homes inhabited by children</b> must be reduced to a maximum of 10%.	

The proportion of 16 to 24-year-olds who drink five or more units of alcohol at least once a week must be reduced to a maximum of 30%.	Capital Region of Denmark, Research Centre for Prevention and Health: Health Profile for Frederiksberg Municipality 2013
The proportion of students in year nine of public school <b>who have tried getting drunk</b> must be reduced to a maximum of 40%.	Frederiksberg Municipality, Education Survey: 2013/2014 academic year
The proportion of students in year nine of public school who have <b>used cannabis at least once</b> must be reduced to a maximum of 10%.	
The proportion of 16 to 34-year-olds who <b>have used cannabis or other psychoactive substances within the past month</b> must be reduced to a maximum of 5%.	
The proportion of 16 to 34-year-olds who <b>do not use condoms, even if they have more than one partner</b> , must be reduced to a maximum of 8%.	
The proportion of people who have been <b>diagnosed with a sexually transmitted disease</b> must be reduced to a maximum of 5%.	

All citizens have <b>access to a green space</b> within 500 metres of their place of residence by 2020.	No source, but the potential for charting is under investigation.
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At least 40% of all journeys <b>must be made by bicycle</b> .	Frederiksberg Municipality Cycling Policy 2013-2018
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## AIR:

The health-damaging particle pollution from fine particles at street level must be reduced by around 30%, so that it is approaching the level of urban background by 2035.	Frederiksberg Municipality: Strategy for Combatting Air Pollution 2012
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## WATER:

Drinking water in Frederiksberg must continue to comply with the Ministry of Environment and Food's requirements.	Aarhus University: National Centre for Environment and Energy, Monitoring Air Quality with Measurements
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## NOISE:

<ul style="list-style-type: none"> <li>The number of dwellings exposed to noise levels of more than 68 decibels must be reduced from 10% to 0% by 2043.</li> <li>In 2043 no dwellings may be affected by noise from traffic above the guideline limit of 33 decibels.</li> <li>All traffic routes feature low-noise asphalt.</li> <li>All new dwellings (around 135 are built each year) and associated primary open spaces must be protected from noise.</li> <li>By 2018 at least 300 dwellings will be protected from noise via new noise partnerships.</li> <li>All municipal institutions that are particularly affected by noise are protected from noise.</li> </ul>	<p>Frederiksberg Municipality: Municipal Water Treatment Plan 2014-2016</p> <p>GEUS (Geographical Surveys for Denmark and Greenland): Jupiter: Danish Geological and Hydrological Database</p> <p>Frederiksberg Municipal Noise Handling Plan 2013-2018</p>
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# TARGETS

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The entire city has a new Health Policy with 11 new targets for health in Frederiksberg.

Please e-mail [sundhedspolitik@frederiksberg.dk](mailto:sundhedspolitik@frederiksberg.dk) or call us on +45 38 21 54 00 if you have any comments or ideas as to how we can achieve our targets.

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## HEALTH FOR ALL

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1. Reduce social inequality in health.
2. People living in Frederiksberg live longer and have more healthy life years.
3. More citizens have a healthy, active lifestyle.
4. More young people are educated to upper secondary level.

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## COMMUNITIES

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5. More citizens are mentally healthy.
  6. All citizens should have the opportunity to be part of a resilient community.
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## FAMILIES

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7. Children in Frederiksberg grow up in a safe and healthy local environment .
8. Children's risky behaviour should be reduced.

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## URBAN SPACES

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9. The city's spaces must be easily accessible to all, so that more people use them for exercise, play, recreation and forming communities.
  10. More people walk or cycle on a daily basis.
  11. There is cleaner air, clean water and less noise in the city's spaces.
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*Frederiksberg is a member of  
the World Health Organization's  
European Healthy Cities Network*